

May 2018 – Essex Aquatics Programs & Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Group Exercise <i>Aqua Fit</i> Gauthier Lanes 1-3 2:00-3:00pm	Aqua Group Exercise <i>Just My Speed</i> Morse Lanes 1-3 8:30-9:30am	Aqua Group Exercise <i>Cup of Joe</i> Morse Lanes 1-3 5:30-6:30am	Aqua Group Exercise <i>Aqua EDGE</i> Morse Lanes 1-3 8:30-9:30am	Aqua Group Exercise <i>Cup of Joe</i> Morse Lanes 1-3 5:30-6:30am	Aqua Group Exercise <i>Aquatic Body Condit.</i> Morse Lanes 1-3 8:30-9:30am	Aqua Group Exercise <i>Cardio Combo</i> Morse Lanes 1-3 8:15-9:15am
Open Slide Gauthier 3-5pm	Aqua Group Exercise <i>Aqua Fit</i> Morse Lanes 1-3 10:00-11:00am	Kids & Fitness Lessons Morse Lanes 1 & 2 9:30-11:30am	Aqua Group Exercise <i>Aquatic Body Condit.</i> Gauthier Lanes 1-3 8:30-9:30am	Kids & Fitness Lessons Morse Lanes 1 & 2 9:00-11:30am	Aqua Group Exercise <i>Aqua Fit</i> Morse Lanes 1-3 10:00-11:00am	Group Lessons, Morse Lanes 5 & 6 Splash 1, 2 Preschool 1, 2, 3 8:30-11:00am
Aqua Group Exercise <i>Just My Speed</i> Morse Lanes 1-3 4:00-5:00pm	Aqua Group Exercise <i>Arthritis</i> Morse Lanes 1-3 11:30am-12:30pm	Aqua Group Exercise <i>Arthritis</i> Morse Lanes 1-3 11:30am-12:30pm	Aqua Group Exercise <i>Aqua Fit</i> Morse Lanes 1-3 10:00-11:00am	Aqua Group Exercise <i>Arthritis</i> Morse Lanes 1-3 11:30am-12:30pm	Homeschool Swim Gauthier Program Pool 12:00-2:00pm	Birthday Parties Gauthier Slide Pool 10:30-11:30am 1:00-2:00pm 3:30-4:30pm
	Swim & Stay Fit Gauthier Lanes 5 & 6 4-5:30pm	Aqua Group Exercise <i>Liquid Tai Chi</i> Morse Lanes 1-3 12:30pm-1:30pm	Aqua Group Exercise <i>Arthritis</i> Morse Lanes 1-3 11:30am-12:30pm	Aqua Group Exercise <i>Liquid Tai Chi</i> Morse Lanes 1-3 12:30pm-1:30pm	After School Program Morse Lanes 1 & 2 4:00-5:00pm	
	Aqua Group Exercise <i>Aqua Fit</i> Morse Lanes 1-3 5:30-6:30pm	After School Program Gauthier Slide Pool 4:00-5:00pm	Swim & Stay Fit Gauthier Lanes 5 & 6 4-5:30pm	Group Lessons Morse Lanes 5 & 6 Learn to Swim 1, 2, 3, 4 Adult Adv Beginner 4-6:15pm	Open Slide Gauthier 5-7pm	
		Group Lessons Morse Lanes 5 & 6 Learn to Swim 1, 2, 3, 4 Adult Beginner 4:00-6:15pm	Aqua Group Exercise <i>Cardio Combo</i> Morse Lanes 1-3 5:30-6:30pm	Group Lessons Morse Lanes 5 & 6 Learn to Swim 1, 2, 3, 4 Adult Adv Beginner 4-6:15pm		
			Aqua Group Exercise <i>Cardio Combo</i> Morse Lanes 1-3 5:30-6:30pm	Group Lessons Morse Lanes 5 & 6 Learn to Swim 1, 2, 3, 4 Adult Adv Beginner 4-6:15pm		
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				Aqua Group Exercise <i>Aqua Fit</i> Morse Lanes 1-3 5:30-6:30pm		

*This reflects the weekly schedule as of May 1. Schedule is subject to change.
 Questions rodneyc@edgevt.com or 802-860-3343 x1130.*